



**FOR IMMEDIATE RELEASE**

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**Swansboro Business to Host Fundraiser for Coastal Federation**

SWANSBORO – Discover the many benefits of yoga while supporting a great cause. Second Wind, one of Swansboro’s newest businesses, is hosting a fundraiser for the N.C. Coastal Federation and an open house on Saturday, July 31, from 9 a.m. to 2 p.m.

Guests are invited to come learn about the new business and the federation and enjoy a free yoga lesson. Yoga sessions will be held from 9 a.m. to 10 a.m., 11 a.m. to noon and 1 p.m. to 2 p.m. at Second Wind in the old Swansboro post office at 208 W. Main St.

Yoga instructors Brad Fisher, Cheryl LeClair and Michelle Thornell will donate the lessons, but participants will be asked to make a donation to the federation. Proceeds will be used to buy furnishings for the Jones Island Environmental Education and Restoration Center in the White Oak River near Swansboro. The island is part of Hammocks Beach State Park, and the park and the federation manage the center.

“I’ve had the chance to volunteer for the Coastal Federation and enjoyed helping with restoration projects on Jones Island,” said April Clark, the owner of Second Wind. “I want to be sure others in the community know about the Coastal Federation’s work to protect and restore water quality in the White Oak River. After learning that they needed some items for the Jones Island Center, an open house and fundraiser seemed like a good way to accomplish both.”

The federation will have displays on hand to explain some of the projects taking place on the island, and memberships will be sold. Guests who join that day can receive a free t-shirt or a shopping tote. To learn more about the federation and its programs visit their website at [www.nccoast.org](http://www.nccoast.org).

For more event information or to sign up for a yoga lesson, call Second Wind at 910-325-3600.

The federation is the state's only non-profit organization focused exclusively on protecting and restoring the coast of North Carolina through education, advocacy and habitat restoration and preservation. The federation's headquarters are at 3609 N.C. 24 in Ocean between Morehead City and Swansboro. It also operates regional offices in Wilmington and Manteo.